



# Enjoy Bulgur Wheat!

## What is bulgur?

Bulgur is crushed whole wheat that has been pre-cooked and dried so it is quick and easy to make.

## What does it taste like?

Bulgur has a light nutty flavor and a tender, slightly chewy texture.

## Is bulgur good for you?

Yes! Bulgur is a low-fat whole grain food, rich in complex (good-for-you) carbohydrates. It has many vitamins and minerals, and twice as much dietary fiber as brown rice. It is a convenient source of nutritious whole grains for breakfast, lunch or dinner.



## Where do I find it?

Look for bulgur in the bulk bins of your market. It ranges in color from light to dark brown. Sometimes it is confused with "cracked wheat," which is wheat that has been crushed or cracked into smaller pieces but not pre-cooked. Cracked wheat is coarser and takes longer to cook than bulgur.

## Where do I keep it?

Bulgur is a convenient whole grain to keep on hand. Store it in an airtight container or sealed plastic bag in a cool dry place, or refrigerate it for up to 6 months. Freeze it for longer storage.

## How do I use bulgur?

Bulgur can be used many ways! Use it instead of rice in any recipe. Combine it with meat in main dishes or mix it into casseroles. It is delicious as a hot breakfast cereal instead of oatmeal. A favorite way to use bulgur is in salads instead of potatoes or pasta.

## Beef & Bulgur Soft Tacos

- ½ pound lean ground beef
- 1 small yellow onion, chopped (¾ cup)
- ½ cup bulgur
- 1 clove garlic, finely chopped
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon oregano leaves
- 1¼ cups water
- 3 tablespoons tomato paste
- 10 corn tortillas, warmed as package directs

### Toppings:

- 1 cup (4 ounces) shredded Monterrey Jack, Colby or Colby-Jack cheese
- 1 cup chopped tomatoes
- 1 cup thinly sliced cabbage or lettuce
- ½ cup thinly sliced red or green onion

Optional toppings: cilantro, bell pepper, avocado, lowfat or fat free sour cream, salsa

Heat medium saucepan over medium-high heat. Add beef and onion. Cook and stir, breaking beef into small chunks, until beef is brown and onion is soft, 4 to 6 minutes (adjust heat if needed). Add bulgur, garlic, chili powder, cumin, salt, pepper and oregano. Stir for a few seconds, until fragrant. Add water, cover, bring to a boil, then reduce heat and simmer gently for 8 to 10 minutes or until bulgur is tender. Add tomato paste and simmer, stirring, until warm and thickened, 1 to 2 minutes. Serve in warm corn tortillas with toppings. Makes 4 servings (about 10 tacos).

### Variations:

- Vegetarian: Replace beef with 1 tablespoon vegetable oil. Add 1½ cups cooked or canned, drained kidney, black or pinto beans along with bulgur.
- Turkey: Add 1 tablespoon vegetable oil to heated saucepan and replace beef with ½ pound ground turkey.
- Milder Seasoning: Use 1½ teaspoons chili powder, ½ teaspoon ground cumin and ¼ teaspoon oregano leaves.

## Two basic ways to cook bulgur

Bulgur has been pre-cooked so it only needs to be soaked in hot water or briefly cooked before eating. It expands like rice. One cup dry bulgur makes 2 to 3 cups soaked or cooked bulgur.

### SOAK (Good for salads and casseroles)

In a saucepan, combine 1 cup bulgur and 1½ cups water. Cover and bring to a boil over high heat. Remove from heat (do not cook) and set aside for 20 to 30 minutes, until tender. Drain or pour off liquid. To remove more moisture, spread on paper towels and pat dry.

~ OR ~

Place 1 cup bulgur in heatproof bowl and cover with 1½ cups boiling water. Cover and refrigerate overnight.

### COOK (Good for cereal and a side dish instead of rice)

Combine 1 cup bulgur and 1½ cups water in saucepan. Cover and bring to a boil. Reduce heat and simmer gently for 8 to 15 minutes, until bulgur is tender. Let stand 5 minutes. If liquid remains, drain or simmer uncovered until liquid is gone. For softer bulgur, use 2 cups water.

## Bulgur Salad with Vegetables & Cheddar

- ¾ cup bulgur
- 1¼ cups water
- 1 cup (4 ounces) sharp or medium cheddar cheese cubes (¾ to 1-inch)
- 1 cup thinly sliced broccoli florets (cut off stems before slicing)
- ½ cup chopped carrot
- ½ cup chopped red bell pepper
- ½ cup thinly sliced green onions
- 2 tablespoons lemon juice
- ½ teaspoon salt
- 2 tablespoons olive or vegetable oil

Combine bulgur and water in small saucepan. Cover and bring to a boil, then immediately remove from heat and set aside for 20 to 30 minutes to soften. Meanwhile, cut cheese, broccoli, carrot, bell pepper and green onions as directed above; place in medium bowl. Drain bulgur or pour off remaining water. Spread bulgur on paper towels, top with another paper towel and pat dry. Stir bulgur into ingredients in bowl. In small bowl combine lemon juice and salt; stir to dissolve salt. Add oil. Sprinkle over salad and stir to blend. Serve at room temperature or cover and refrigerate for up to 2 days. Makes 4 (about 1 cup) servings.

### Variations:

- Replace vegetables listed in recipe with other colorful fresh or lightly cooked vegetables such as chopped or sliced tomato, jicama, avocado, corn, peas, cucumber or green beans.
- For an easy lunchbox treat, pack the prepared bulgur salad in a pita pocket.

## Warm Creamy Bulgur Cereal

- 1½ cups water
- ¾ cup bulgur
- Pinch salt (optional)
- 1 cup lowfat (1%) milk

### To serve:

- 2 cups lowfat (1%) milk

Combine water, bulgur and salt in small saucepan. Cover, bring to a boil, then reduce heat and simmer gently for 8 to 10 minutes or until bulgur is tender. Remove cover and stir in 1 cup milk. Adjust heat so mixture comes to a gentle boil. Cook, stirring continuously, until cereal is thick and creamy, 4 to 5 minutes. (Cereal will continue to thicken as it cools.) Cool slightly before serving. For each serving, spoon ½ cup cereal into bowl, top with additional ½ cup milk. Store extra cereal in a covered container in the refrigerator for up to 3 days. To reheat, place in heatproof bowl and warm in microwave oven on 50% power for 30 to 60 seconds or until warm, stirring once. Top with milk. Makes 4 (about ½ cup) servings.

### Variations:

- Stir ½ teaspoon ground cinnamon (or a pinch of ground cloves, allspice or pumpkin pie spice) into prepared applesauce and swirl it into the cooked bulgur.
- Top with fresh berries, sliced or chopped bananas, pears, nectarines, peaches or plums.
- Sprinkle on toasted chopped walnuts or almonds, raisins or dried cranberries and brown sugar.



## Tasty ways to use bulgur

First, SOAK or COOK bulgur (see “Two ways to cook bulgur” on first page) then use these ideas:

- Add bulgur to pancakes, muffins or other baked goods to add more fiber and nutrition.
- Add it to corn muffin mix. Use ½ to ¾ cup bulgur to one 8.5 ounce package of corn muffin mix.
- Use bulgur instead of rice in burritos with cheese and beans. Or make a wrap: spread bulgur on a tortilla, then add a drizzle of salad dressing, sliced turkey and shredded cheese. Fold up burrito-style.
- For a salad with Mexican flavors, combine bulgur with cooked black or kidney beans, sliced or chopped avocado, bell peppers and red onion. Make a simple dressing with oil, vinegar, cumin or chili powder, salt and pepper.
- Try a cheesy version of “tabbouleh” salad by mixing bulgur with chopped tomatoes, finely chopped parsley or mint, finely chopped cucumber, and grated cheese. Make a dressing with lemon juice, olive oil, and garlic.
- For a tasty “pilaf” side dish, in a large saucepan cook a small chopped onion in a little oil until softened. Add 1 cup uncooked bulgur and 1½ to 2 cups chicken broth (instead of water). Cover and simmer on low heat for 8 to 15 minutes, until tender. For extra flavor, stir in chopped parsley or herbs. To add more color and nutrients, add 1 cup grated carrots when cooking the bulgur. To serve, top with grated cheese.
- Mix bulgur with chopped leftover meat, sliced green onion, grated cheese and seasonings you like. Stuff the mixture into bell peppers (cut them in half and scrape out the seeds first). Place on baking pan, cover with foil and bake at 350 degrees for 30 minutes or until hot.
- Add bulgur to soup for more whole grains and fiber. Swirl in some grated cheese right before serving for creaminess.

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